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CASES

OF

SCROFULA, NEURALGIA,

RHEUMATISM,

OBSTINATE & HABITUAL CONSTIPATION, &c.

SUCCESSFULLY TREATED BY THE

SWEDISH MODE OF PRACTICE.

BY

JOHN W. F. BLUNDELL, M. D.,

AUTHOR OF "MEDICINA MECHANICA," &c.

NUNQUAM ALIUD NATURA.

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JAN 28 1921
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CASES, &c.

As the efficacy of any new medical treatment can be best tested by a faithful report of cases in which it has succeeded, I beg to lay before the medical public a selection of such cases from my "Case Book." These, it is hoped, may be sufficient to teach by analogy the use and probable extension of this valuable aid to medical science in general.

Since the publication of my larger work* in 1851, I have had abundant opportunity of testing the merits of exercises and manipulations not only in chronic cases of long duration and obstinate character, but also in a wide range of constitutional diseases. The system, I am glad to find, continues its steady progress on the Continent, and is rising gradually yet surely in the estimation of the public here. It is my fervent hope, therefore, that this success will tend to establish it permanently as a valuable and indispensable branch of the healing

* "Medicina Mechanica," Churchill, New Burlington Street.

art,—rescue it entirely from the domains of empiricism, and prevent, by its legitimate use, that danger which ever must result from the indiscriminate or universal application of any one form of treatment to all diseases. It is, however, for the public to protect itself against the latter; and it will best effect this by comprehending rightly what a *cure* of both constitutional and chronic diseases really *is*, and the impossibility of effecting it solely by palliative measures. The public would thus have better health, and medical science more honor. It has ever been by a blind faith in the secret existence of some universal medical appliance, that "panaceas," the most fertile of all sources of chronic disease, have, in the present day, arrived at such high pretensions.

Now there can be no healthy improvement, either in chronic or constitutional disorders, save by gradual and progressive steps; and he that would presume to promise a sudden termination of such ailments to this, on any other treatment, would inflict a heavy blow against its obvious usefulness. Its power alone consists in those methods, regulated by careful experience, which restore harmony to a debilitated or inert frame. In the early stage of

diseased action, the appliances of the medical practitioner enable him readily to arrest the progress of its morbid tendency, and to attend to the laws of recovery, that nature may gradually resume its healthy functions. But in the presence of constitutional or chronic maladies the same remedies may be inert, and a perseverance in them too frequently leads to an aggravation of the disorder. Yet the patient often demands their administration, or flies to some advertised specific! Mentally persuaded that a "panacea" somewhere exists by means of which he shall be rapidly restored, the sufferer wanders from physician to physician, from place to place, whether at home or abroad, gives each form of treatment a short trial, and of course abandons each in disgust, runs the broad circle of "neuro-tonics" and "nervo-arterial essences," and lastly settles down the happy possessor of some specific that, yielding him a little relief, secretly consumes the capital of his vital powers; or he calmly resigns himself to that system of "domestic medicine" wherein he is the willing slave of the aural or written testimonies of good natured and sympathising friends; taking this potion or that posset, or swallowing undismayed each friendly

pill that may arrive to him under the "strongest recommendations."

The reason, therefore, why chronic diseases are so seldom *cured* is, that, when a palliative treatment has given present immunity to the sufferer, such palliative treatment is considered to have cured; whereas the results, near or distant, prove it to have been the most serious or even fatal of deceptions. Perhaps too this latter fact is one of the chief sources of that distrust of, disappointment at, and hard sayings against the science of medicine. Rapid cures suit many people, who like a little dash in medicine as in other matters; but they are not equally prepared to take the risks. If we hear of a fatal termination, sometime after a cure of this sort, and express our fears of the vaunted means applied, we are told "Oh, he did not die of *that*," —"it was quite another disease," and so on. The enemy, dislodged from a minor or more superficial resting place, had doubtless taken refuge in another of a far more secret and dangerous character. It would be indeed a grand discovery if we could find anything in nature or art, that would avert the inevitable laws of chronic diseases; laws which determine that in proportion to the slowness of

their approach, and the duration of their visits to the frame, will be their gradual relaxation and final expulsion.

I have been unwillingly drawn into these remarks because of the nature of the treatment I advocate, the progress and success of which is solely and entirely controlled by these natural laws. It is presumed a man would rather have *Gout* in his toe than in his stomach, that the glands of the neck should be the seats even of unsightly disease than that the *lungs*, *liver*, or *mesentery* should be affected; and yet mere local or palliative treatment will be about as useless to effect a *permanent* cure in the one case as in the other. Still it is a fact that with all the difficulty to be overcome, the mechanical treatment has effected cures within as short a space of time as may have been allotted to the trial of many a favored nostrum. A consistent use of such medicines as the symptoms demand, aided by this treatment, seems to me, in chronic and constitutional cases, as near the perfection of art as the other course is contrary to it.

I trust, therefore, the following cases, and the few comments appended, will confirm the truth of the foregoing remarks. I shall be happy also to

furnish the reader with further information about the treatment, or with details of other cases which may illustrate any of a similar kind within his own knowledge or experience. I desire alone enlightened inquiry upon this subject. One instance of the sure character of a *remedy* proposed by this treatment in "habitual constipation" is given; but it will be seen that nearly all the cases afford the strongest evidence to the same point. And if it be thought that the number of cases here produced are too few, I can only say my case-book contains many more, equally conclusive and valuable.

CASE I.

This patient, having tried in vain many remedies, was at length prevailed upon to place himself under my care. At the period of his visit he was suffering from *neuralgia* and tenderness to the touch on the right side of the head, over the brow and cheek. Previous to this he had long undergone great mental suffering. His nights were sleepless, his spirits depressed, with much constant and uncontrollable anxiety. The bowels were, however, regular and the appetite good, with a craving for stimulants, which had been very injudiciously recommended to him with the remark that he lived "too low." From the history of this patient I learnt that at first he suffered merely from head-symptoms, succeeding a most anxious period of trouble and excitement. He had at times experienced extreme excitability, nervousness, depression, and a feeling at night, as he told me, "as if he could jump out of bed and throw himself from the window of his bed-room." The *neuralgia* had, however, only come on during a week or two past. He had for many years led an active, anxious life; and was of a dark, "bilious" temperament. "Poor living," he said, "always depressed him;" a circumstance also peculiar to members of his own

family; though he confessed the advice to "live high" only increased the evil. This I gradually remedied; but he was never reduced to what is known as "low diet." The digestive organs were healthy, his muscular system was firm, and his habits, until the present attack, were those of a person full of health and vigour. When he came to me he complained of weakness of the lower extremities and unsteadiness of gait. There existed also a fulness and stuffing of the nose, from congestion of the veins of that part.

I began with my usual treatment for *neuralgia*, which subsided in a few days, and did not afterwards re-appear. He then went through a gradual course of treatment, cautiously augmented in force and strength, and, with the exception of a slight return of the old symptoms after freer living and neglect of my instructions, he advanced step by step, till every symptom had vanished, and he was entirely cured. About a year subsequently, this gentleman called upon me; he was then, and had been since leaving my care, in perfect health and spirits.

CASE II.

This patient, now about twenty-one years of age, who had been under medical care from his youth

up, and incapacitated for any employment, was advised to consult me respecting what appeared to be repeated attacks of humid asthma. He suffered also from headache, cold extremities, sleepless nights, pain in the back and limbs, with occasional obstinate vomiting, especially after any attack of "cold." The pulse was regular though hurried, and the sounds of the heart dull, its impulse being also preternaturally strong. He was of diminutive stature, much emaciated, and deformed by severe angular curvature, with great protrusion of the breast bone: altogether a most cheerless case for this or any form of treatment. At my request he wrote the following account of himself, which I here insert, not in disparagement of former methods of treatment, but to shew the marked severity of the case.

"When about six and a-half years old I suffered from "scald head," for which I had an issue in my neck and a permanent blister on my chest for nine weeks, dressed three times a-day, as well as a mercurial plaster on the crown of my head, taking strong medicines; after which it was supposed I caught cold. The medical gentleman who attended me then went abroad, and I afterwards went to a surgeon, as an out-patient, at the London Hospital, who ordered the seton to be taken out, and the blister healed. My head then (when about eight years old) got well. Shortly afterwards, being still in ill-health, I was recommended to go to the Lung

Infirmary, which I attended about six months; but getting weak in constitution, and unable to continue the visits, I went under the care of a medical gentleman in my own neighbourhood, who treated me for enlargement of the liver, and gave me great relief,—in fact saved my life; at that time I had great pain in my limbs and burning in my feet. In about three months after I was pretty well recovered, and required only occasional medical assistance till November 1849, when, being taken very ill, I was recovered after being leeched and blistered, and then remained tolerably well till the early part of 1851."

It was after this "tolerable health," however, that the deformity, which had been slowly coming on, became confirmed in its present condition, and to it was added the difficulty of breathing and the symptoms already detailed. The deformity shews a transfer of the diseased action almost entirely to the bony structure of the spine.

Under these circumstances I employed friction and gentle movements, till his feet were warmer throughout the entire day, he slept better, and there was less headache. He expressed himself as feeling more "flexible in his body," and felt "revived" after each application. I tried galvanism also, but this, as I believe it will in such cases, produced more harm than good. He required of course a long and careful treatment, the result of which proved well worthy of the trouble bestowed upon it.

JAN 28 1921
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His improvement was gradual, the various symptoms relaxing; and when returning, did so with less vigor than formerly. He soon lost the distress and drowsiness after eating; his bowels now acted, not loosely, but regularly twice a-day. Formerly they were moved three and four times daily. The pain in the back also gradually disappeared, he had less cough, and the difficulty of breathing no longer came on in attacks, subject to the influence of change of weather. It was a notable circumstance that as he improved of his more recent symptoms, there was a feigned return of some of those which he endured at a very early period of the disease. These were confined to pain and heat in the knees and lower extremities, with a rash over the instep. At length, being free from any of the old attacks, he was sent to Portsmouth and the Isle of Wight, which confirmed the cure, for he felt quite well on his return, and there was nothing farther to do in his case. I saw him six months afterwards, as he called to say he wished to introduce a patient to me; he was in good spirits, quite free from the chest affection, and declared that he felt now competent to engage in some employment, which I recommended him to seek. About the latter end of 1853, he obtained a situation in one of the dock offices, which he has since retained, feeling only some degree of dyspepsia when overworked, the occupation being very sedentary, and almost sufficient to depress the frame of a healthy person.

On the 16th August of this year, 1855, he, writing to me respecting another patient, says,—"I shall ever fell indebted to you for your kindness to me, and the great exertions you used to restore my health and form, in which you greatly succeeded, and thereby I have been enabled to take an appointment as clerk in the above docks, and attend to my duties without intermission and throughout the past winter, which was very severe." This was just two years and a-half after he came under my care, and I trust this case is of sufficient interest to justify the space devoted to its history.

A few cases, in addition to the foregoing, will better illustrate this disease and the treatment pursued by me to remove it.

CASE III.

A youth of nineteen came to me with indolent swellings of the glands of the neck, combined with strumous opthalmia. He was well developed, of dark complexion, and employed in an office in the city. This was the first attack of the complaint, and in a short time it yielded perfectly to this form of treatment, without the use of local applications. The vesicles on the eye, and its sensibility to light,

disappeared gradually and simultaneously with the subsidence of the glandular swellings of the neck. It is three and a-half years since he was under my care, and I am informed by a relative that he has been in the enjoyment of good health up to this time.

CASE IV.

An almost parallel one with the preceding, in a young lady of eleven years of age, save that the disease was confined to the eyes, and developed with greater severity. For a period of six months local applications had been tried without success. She was rapidly growing, and suffered a good deal from nervous irritability, and extreme intolerance of light. As this patient resided at a distance in the country, the applications were conducted by her mother. In a few weeks the urgent symptoms had subsided, and her constitutional vigor very much enhanced by the method of cure. About the middle of the following year I again saw her casually. Her health generally was greatly improved, and although she once or twice had complained of "uneasiness" in the eyes, still they were not congested, and she had increased in flesh.

CASES V. & VI.

In the present instance I had two young ladies brought to me for the purpose of trying if a constitutional change could be wrought in their systems, so as to eradicate that constant tendency to swelling and suppuration of the glands of the neck and other parts, which every trial of medicine, not excepting cod liver oil, had failed to effect. The eldest was about seventeen years of age, and bore sad marks of the ravages of this disease, in the shape of three or four unsightly scars about the neck, chin, and throat. The youngest, about six years of age, had been suffering more from the glands of the abdominal region, and obstinate affection of the tonsils. At the time of their visit, the chief symptoms in the eldest were discharges of offensive matter from both ears, occasionally accompanied by hœmorrhage; there existed considerable deafness, mental inactivity and fretfulness, general lassitude and disinclination even to ordinary exertion. The youngest evinced, as I have said, signs of the complaint in swollen tonsils and glands of the abdomen, depraved and weak appetite, excessive sensibility and irritability, and discharges from both ears as in the former case.

I ordered the cod liver oil to be continued for a short time, and commenced my usual method of treatment with perfect success, as, without any

other local application save sponging the ears to remove accumulations, the discharges gradually subsided; their systems rapidly acquired a tone and strength never known before, and, with but one relapse in the digestive functions of the youngest, their frames became strong and healthy, mental and bodily depression ceased, and I then ordered them to the sea side, whence they returned after a few weeks with my previous treatment evidently confirmed. Their hearing was perfect. Some months have now elapsed, and they continue in the same health as when they left me, notwithstanding their residence in not the most airy or cheerful portion of the metropolis.

CASE VII.

This, the last case I shall give to illustrate some of the different appearances of this disorder, is that of a youth of nineteen, of diminutive stature, looking more like one of fourteen. He was brought to me in consequence of increasing weakness and bulging outward of both knees, which had been coming on gradually. There appeared want of tone both of the muscular and ligamentous structures. He was of dark complexion, and with very little energy of

disposition. He said that formerly he had been subject to swollen glands, and lately to swelling of the left side of the lower jaw and over the upper and lower portions of each shin bone He had also suffered much from sick-headaches, and felt the distortion of the left knee the most. His system, however, responded to the treatment earlier than I expected, and in a short time I got him to walk long distances without much fatigue—with very little after pains in the knee; and as soon as all the remaining symptoms of debility were gone I sent him for a few week's change of air to the country, after which he took a situation, and did not need my services again. I did not see this patient till thirteen months afterwards, when he called upon me to report himself. He was then in full employment, and had experienced, save in an occasional headache, not one of the old symptoms. The right leg was perfectly straight, and the left but slightly curved outwards; but still it remained strong, with only an occasional twinge of pain after over-fatigue. In other respects he now enjoys good health.

CASE VIII.

This patient, a lady verging upon sixty, had suffered from constipation almost from her youth;—not

occasional constipation, but of an habitual character; the bowels sometimes being confined for more than a week together, and, as a habit, rarely less than the latter. Although suffering considerable inconvenience from this state of the system she rarely used medicines, finding them productive of pain in the head and increased irritability of the system at large. My treatment, after a brief attendance, entirely removed the costive habit; and it is now four years since, and her bowels still act regularly.

I have another parallel case to this in that of a gentleman of rank, who suffered from habitual constipation for thirty years, and was cured about seven years ago by the same treatment, and whose bowels, for I have seen him lately, still act regularly without medicine,—which he had previously been constantly in the habit of using, of course to the great exhaustion of his vital powers. Nor is it solely in cases similar to these that a mechanical treatment is so valuable. There are others of a far more serious and fatal character in which it at least is worth a fair trial. I allude to severe attacks of colic, ileus, and intussusceptio. In several instances of decided obstipation of the bowels, accompanied with great pain and bearing down, in consequence of the failure of purgative medicines to procure a passage, I have given speedy relief in about a quarter of an hour; the patient has sunk to rest, and in due time the bowels were voluntarily purged. The effect was so perfect that no after

applications became necessary. It is a fair presumption therefore that a mechanical stimulus to the *lower* bowel is demanded when we stimulate the *upper* by means of purgatives. I applied the stimulus to the *lower* bowel, so as to cause a true vermiform movement by the muscular fibres of the *colon* contracting and rolling upwards towards the *cœcum*, whilst the medicine administered stimulated the smaller intestines to a downward movement as it were towards the cœcum. Injections often do little more than dilate; and I have reason to presume that a natural peristaltic motion accompanied my applications, by the sudden abatement of pain and distress which followed them. Of course there would be an objection to my plan where the symptoms are extreme, or the presence of organic disease suspected. Yet the same may equally apply to the administration of any description of purgative medicine whatever. I would merely urge that it be tried directly signs of absolute torpor of the bowels are apparent, so that something like a natural action of the inorganic fibres of those parts may be brought about. In the early stages of the complaint, or, so soon as the bowels act, in however small a degree, the patient should be cautiously and gradually instructed in such exercises as bring the whole of the abdominal muscles into action.

CASE IX.

The success of this treatment in *gout* is weekly more manifest, for it has entire and perfect control over the constitutional tendency, not only removing the supervening causes of the fits of gout, but eradicating the predisposition to them. This case was a striking example of the latter. It is that of a gentleman, between sixty and seventy, whose first attack came on after rheumatic fever many years ago, and he experienced them once or twice a year regularly for some years, till he tried this form of treatment. He came under a short course which re-established his health; and subsequently on the forewarning of an attack, which was thus prevented. It is now two years since he had a fit of gout, and his bodily health has visibly improved.

CASE X.

This was a long-standing and severe case, the subject of it being unhealthy almost from birth. It was that of a young lady, of sanguineous temperament, but of sickly diminutive frame, natural development being evidently checked. There existed extensive chalky deposits in the finger, wrist, ankle, and knee joints, particularly in the right knee;

causing contraction and circumscribed motion. There were no adhesions, from inflammatory action, in any of these joints; though the *flexor* muscles were in either instance disposed to severe contraction, the *extensors* being wasted and inert. She possessed little muscular controlover either of the affected limbs. No treatment had hitherto availed much, and it was certainly as bad a case as need be, though one admirably adapted to test the merits of a mechanical treatment. Her parents informed me that she had been suffering for about six years, and during that time fourteen medical practitioners had been consulted respecting the case. The right knee had become so contracted that they were hesitating on the propriety of ordering her a high-heeled shoe. Indeed, she was so infirm that she had to be carried from one room to another. The bowels were moved every third day, and the contents of the abdomen on pressure felt tense and ropy; she perspired a good deal, slept well but rather heavily, and enjoyed tolerable spirits, except occasionally when she experienced temporary pains in the region of the stomach, and weakness or pain in the ankles. I commenced my usual treatment in such cases, and, though with little perceptible change at first, yet the bowels began to act daily. I next observed some degree of relaxation in the system, and then the joints began sensibly to yield, and I could almost straighten the right limb. To this I advised some attempt at walking, as she had only been able

to do this formerly for short distances, taking rest between each attempt. She now succeeded in taking a comparatively long walk without after fatigue or bad result, and the walk was at length enforced daily. At this period a constitutional change, doubtless promoted by activity of function, took place, which gave me great hopes of speedy improvement on that account. Almost weekly, from this time till she could walk without assistance, and use her hands better, some improvement appeared. I therefore sent her back into the country, with the necessary instructions about diet and exercise, and to write me in the event of relapse, which did not, however, happen; for, a few months subsequently, I received a note respecting her bathing in the sea, in which this line occurs, "your patient has in no way declined." About fourteen months after this I received a visit from this patient to shew her improvement. She had then been some time at a boarding school, and could walk without assistance of any kind, and with the right knee perfectly straight. The remaining joints were gradually yielding, and would have been well earlier, but their exercise in the same way had been neglected. The hands and wrists, notwithstanding, were so far advanced that she could use them for almost any purpose. There was a marked improvement also in the intellectual faculties, whilst her original state of constitution seemed changed entirely from its morbid tendency.

CASE XI.

This patient, aged twenty-three, was sent to me in the belief that he was laboring under disease of the lungs. He had been taking cod liver oil and the necessary palliative medicines; and had at length been ordered into the country. It was, however, the wish of his employer that he should try the effects of this treatment previous to so doing. In person he was tall and thin, and, as a law writer, not in the most favorable position for maintaining his health, whilst he overtasked his strength during the hours of relaxation and rest. The chief symptoms were confined to general nervous debility, loss of energy and vigor, pain in the chest and difficulty of breathing.

I ordered him the usual plan of diet and repose, directing the applications to give energy to the circulation of the abdominal viscera and relieve the lungs, with a few cautious movements to expand the chest. The result soon exceeded my anticipations, as but a short time had elapsed before the pain and difficulty of breathing entirely disappeared. But now the disease was confined to the digestive organs, having doubtless commenced there,—a circumstance I have often observed in other cases. He became weak, lost his appetite and flesh, and I procured permission for his office attendance to be partly remitted. He, however, soon rallied again,

and a very short treatment comparatively sufficed. He had no return of distress after the last form of attack of the lungs, they acted healthily, without pain or inconvenience: he appeared to have gained flesh. His spirits were now as good as ever they were. Three months after I saw this patient at his office, where he had steadily continued without any return of the complaint, though he had then been for three months close at the desk. He subsequently removed to his native city, and a year after on inquiry I learned that he was alive and well.

CASE XII.

This was a complicated case, in which, amid numerous conditions of decay of function throughout the entire body, it was yet evident that the nervous system was chiefly at fault. The symptoms were great nervous excitement or irritability, loss of hair over the entire scalp, derangement of the digestive organs, obstinate constipation, extreme fear and want of confidence, occasional pain across the region of the back, constant pains in the head, with giddiness increased by reading for only a short time. There was no lack of muscular power, but rather an unusual rigidity of the muscular system generally,

an evidence probably of weak nervous control. In addition to these he complained of a tendency to painful congestion about the region of the liver, general fulness of the head, and tenderness about the upper and lower parts of the back. He suffered also from what he called disagreeable sensations in the head, with lowness of spirits, and his rest at night was disturbed by unpleasant dreams. His habits were temperate, he was fond of horse exercise and boat sailing, each of which he had been compelled to relinquish; whilst, being a clergyman, the duties of his parish in the country, onerous as they ordinarily were, had been rendered absolutely insupportable under his present condition. It was in this state that this gentleman put himself under my care, and in the course of a month he improved so much that he determined to return to the country and make arrangements for a longer continuance of the treatment. For about three weeks after his return to the country for the above purpose, he seemed to be free from any particular ailment, when over-anxiety and labor in the duties of his parish brought back a return of some of the old symptoms. He wisely came to town at once, and this affords a good example of the effects of this treatment in a constitutional point of view; for within a month, the former symptoms had entirely subsided, and only demanded the confirmation of a short period longer to prevent future relapse. Since that time he steadily progressed, muscular tone

advanced, confidence and vigor became together heightened, and, till he left my care, a gradual development of healthy physical power was taking the place of that functional torpidity which rendered him unfit for the common duties of life. In this case I availed myself of every measure that could promote this constitutional change in my patient, and have no hesitation in declaring that, had not some such treatment been adopted, this patient might gradually have succumbed, and utter nervous prostration would have rendered his case absolutely hopeless. He once again returned to his parish, and on calling upon me about eighteen months afterwards, I was gratified to find him quite an altered person. A new growth of hair was slowly appearing, and, connected as this was with peculiar conditions of nervous power too particular to mention, it is a psychological fact of much interest. He now met the cares of his parish with little concern, and was rapidly losing the effects of that former nervous excitability which had been growing upon him for years. As time goes on he will be a stronger and healthier man than formerly, and need fear no relapse. After parting with me, he, at my instigation, took a short trip to sea, and derived much benefit from it; and I would strongly recommend this course in cases of the same character.

CASE XIII.

A gentleman, thirty-seven years of age, placed himself under my care after two months acute suffering from sciatica, for which various local and constitutional remedies had been tried in vain. The pain was chiefly confined to the left leg, extending occasionally to the heel. It had been contracted during a continental tour, and was supposed to have originated in sleeping between damp sheets. There was also some degree of general excitement of the system at large, and the bowels were irregular. Much of this disturbance was doubtless due to the quantities of *morphia* the patient had been compelled to take from time to time to allay pain. When I first saw him I found that he was obliged to remain at home, and lie in the recumbent posture.

The applications gave him almost immediate relief, and enabled him gradually to diminish the *morphia*, till he took it no longer. Some medicine was administered to relieve the bowels, and in about ten days he was enabled to return to business in the the city for a few hours in the day, and visit me at my own residence. In a week or two the pain was only felt after unusual fatigue, whilst a more active treatment, for a short period longer, enlivened the whole system, and perfectly restored his general health. It is now nearly a twelvemonth since, and he has not had any return of pain in the part, or

sequent disorder of the functions of the limb, the muscular tissue of which was perfectly healthy in consequence of the mode of cure. This case is an example also of one of those attacks which oftentimes leave permanent traces of the disease, after being treated by the usual expectant methods.

CASE XIV.

This patient, a gentleman at the advanced age of sixty-seven, was sent to me while suffering from more than the usual nervous affection of the face, as, in addition to the "tic douloureux" of the right side and above the eyebrow, there existed a difficulty in moving the muscles of the jaw, and in masticating and swallowing his food. The pain had existed, with long and short intermissions, for a period of two years, but the last attack seemed more prolonged and severe than any of the former. He had derived, till latterly, much relief from medicines, especially from one prescription, which now, however, failed to afford him relief; and a cure under such circumstances could never have been arrived at. As he was salivated at the time of coming to me, I attended to his diet and gave him some corrective medicine. This was, however, the

only medicine he required during the course of treatment which followed, though the *liver* was inactive and the bowels torpid. He was a stout, hale, strong man for his years, and of the middle stature. He had, when a younger man, been much at sea, had travelled a good deal, and undergone as many vicissitudes as usually fall to the lot of enterprising Englishmen. He attributed the present disorder to a "shock," experienced on one occasion of extreme nervous excitement, followed by a long exposure to cold. He felt at the time, as he himself described it, "that his system had sustained a shock," and told his wife, on returning home, that "he knew he should suffer in some way" from the occurrence before-mentioned; so that the case was not one of the ordinary character of "tic." His prognostications were soon verified by the appearance of the latter, without, however, the difficulty of deglutition; which seems to have been added in the subsequent attacks. As far as I could learn he had been moderate in his habits of living, although I had to forewarn him against the temporary alleviation of stimulants, confining him to claret wine until the nervous affection should subside.

I administered the necessary applications, but stronger than ordinarily, owing to his great physical powers of resistance. After the first week the attacks were entirely subdued, and the power of mastication returned. The night attacks disappeared after the second visit, and in a few weeks all

trace of the disease was gone. During the latter period, but a slight "twittering," as he termed it, appeared occasionally, which was at once overcome by the same treatment. With this exception he has remained perfectly well, and for a year past there has been no return of any of the old symptoms.

I may here mention that the effect of *manipulations* to external nerve-branches has, in several instances I could quote, afforded much relief, and at times a perfect immunity from suffering, to many patients with whom other means had failed. These simple applications are too much neglected in the present day, though they may be found to be most useful and valuable adjuncts even in cases where constitutional treatment may be required.

Strong pressure with the finger points, applied with a vibratory motion to the superior maxillary nerve (which gives the anterior, middle, and posterior dental branches) at its exit from the infra-orbital foramen, in cases of *tooth-ache* of the upper jaw,—and on the inferior dental nerve emerging from the mental foramen, in cases of tooth-ache of the lower jaw, have succeeded in immediately removing the pain, or greatly diminishing the strength of the paroxysms.

Pressure and vibration also, in cases of *headache*, to the frontal, temporal, and occipital nerves, but especially the latter both above and below the superior curved line of the occipital bone, have

frequently removed, in about ten minutes, the most severe headaches.

CASE XV.

This gentleman, verging upon seventy, had, some years previously, been under the care of my predecessor, on account of a forwarning of an apoplectic seizure, and of which he was perfectly cured. The identical treatment was, in this instance, applied by myself, and it is a remarkable example of the value of such applications to ward off impending danger; for it is no stretch of presumption to affirm that his life may thus have been prolonged, where ordinary medicinal means would obviously fail in averting the stroke.

He was taken in the morning, after breakfast, with acute pains in the head, and, on arriving at his office in the city, these were succeeded by loss of memory, spasmodic muscular contractions of the right side of the face, and distinct signs of hemiplegia. He found himself, as I afterwards learned, while reading a letter, spelling over and over again its contents, and at length unable to string either words or syllables together. In this condition his clerk brought him to me, and he was incapable of

explaining his condition; forgetting such a word as "head," and seeming utterly passive to what was either addressed to or done to him.

The manipulations to the scalp and vessels of the head and neck gave him almost instantaneous relief, and he was then sent home, with orders that he should remain quiet, take some cooling laxative medicine, and apply iced-water to the head and temples, with instructions about position of the body and diet. He slept well that night, and in the morning was very much better, having had no return of the symptons of the previous day. The treatment was then daily administered for a few weeks, with but slight return of one or two of the old symptoms, once or twice; these were confined to numbness, but without loss of memory, and a little drowsiness. The latter was much induced by oppressive weather, which, however, he bore in other respects remarkably well. He left me perfectly cured to go upon the Continent, and two years have since expired, and, with no other treatment, he has had no return of the attack, notwithstanding his advanced age. This case exhibits the importance of a *mechanical* treatment to the circulation, and of persons so afflicted applying without fatal delay to it, as occasion may demand. And if some persons attribute such attacks solely to indigestion, my reply is that apoplexy too frequently supervenes upon a meal, and that indigestion, which so often occurs in the most healthy subjects, never

yet of itself *induced* a fit, or caused the breaking down of a *healthy* arterial structure. Both the *cause* and *effect*, on the contrary, were due to a tendency to tissue-degeneration, which accounts for the permanent effect of the treatment pursued between and after the periods when this gentleman sought that relief which no other known treatment could have so effectually afforded him. The result therefore was that he became a stronger man after these visits to my predecessor and myself, and remained so for many years; whilst he is still living.

CASE XVI.

This was a very complicated case, of three years' standing, in a youth of nineteen, who had been under long and various treatment without success; so much so that he had been ordered into the country as a last resource. The case is one of deep interest to me, because it established in my mind beyond doubt the value of this treatment in mechanically restoring the circulation, and that permanently; shewing it moreover to be applicable in a disease which is commonly fatal, if not always, in all forms of the disease, a means of cure. When this patient came to me, he had retained a seton in the left side of his chest for twenty-two weeks. The

symptoms were acute pains on the left side of the chest with prominence and enlargement, oppressed and difficult respiration, violent palpitation and bounding of the heart, jarring his whole frame, rapid pulse, seldom below 110, numbness and œdema of the extremities, with partial paralysis and dragging of the left leg when erect and walking, cough almost incessant, with copious muco-purulent expectoration; cerebral congestion, headache, giddiness in the morning, which lasted till the middle of the day, sometimes all day, and occasional bleedings from the nose, constant thirst, loss of voice and appetite; highly dyspeptic, the stomach ejecting the greater portion of every meal. His countenance was livid, eye bright, staring, and prominent, with wasting of flesh, strength declining, and alternate diarrhœa or constipation.

After a few applications the feet were warmer, the bowels seemed rather inclined to constant looseness, he felt better, breathed easier, and sighed less: he could also walk better. The seton was therefore closed. The rapid subsequent progress of this patient not only gratified but astonished me, as it did those who knew him in his former supposed hopeless state. From this time, therefore, up to the conclusion of the necessary treatment, there is no change worthy of record, save that the heart's impulse gradually subsided, and the pulse became more uniform and healthy. All the old symptoms, one by one as it were, died away, and he moved

about briskly and in good spirits. I therefore sent him to spend a month at the Isle of Wight, with injunctions about diet and exercise. I desired him also to call upon me at long intervals, that I might judge whether the cure were permanent or not, and the constitutional change completely effected. Three months after this, namely, on the 1st of January, 1853, he called to see me, and stated that he was, as he indeed appeared to be, brisk, active, and in good health,—a striking contrast that astonished no one more than the chemist to whom he had so long paid, under former treatment, periodical visits. He continued the same till the following year, when he experienced a mild attack of typhus fever, from which he recovered without difficulty. Since that time until the 23rd of August of the present year I neither saw nor heard of him, when he called upon me for some of my pamphlets for distribution, and was looking strong and healthy, with a better complexion and bearing, his chest having been considerably developed during the course of the treatment. He was actively employed, and had never suffered from a return of the old symptoms.

CASE XVII.

This patient had been under medical care for a twelvemonth, without permanent relief. The symptoms were those of confirmed *chlorosis* with an absence of due power of development, and, although a girl of seventeen years of age, yet she appeared more like one of thirteen. She exhibited the usual complexion which characterises this form of disease, with a habit languid and desponding. The usual constitutional change was withheld, and at the common periods she experienced violent headaches combined with other constitutional disturbance. There was a good deal of emaciation; and the pupils of the eye were dilated and fixed.

The treatment had recourse to developed the entire functions of her frame, and in a short space of time she left me quite altered in appearance. She was no longer inactive or desponding, her complexion was improved, constitutional development began to appear; and although the desired change had not arrived (taking place, however, subsequently in a natural form), she did not suffer after the first period from headache or disturbance of any kind, and her appetite gradually improved. More than two years have since elapsed, and she now enjoys good health.

CASE XVIII.

In the incipient stage of *spinal curvature*, dependent as it more frequently is upon constitutional debility, I have found nothing so effective as this treatment, especially as regards the future health of the patient. Spinal curvature is too common to need description here. If the treatment be commenced in the early stage, I have found a few weeks sufficient to restore the patient, whilst every function was proportionately roused. I could enumerate several cases where young growing girls have been rapidly cured by this treatment. In the majority of instances the exercises have been carried out entirely under my superintendence, but in some I have instructed an attendant to apply the manipulations and exercises, the only difference being that the good result was longer in arriving. One interesting case of an exceedingly delicate girl, of scrofulous habit, was cured by means of instructions given from time to time; and the cure so far confirmed that, two years subsequently, I was informed, in a note received from her guardian on the subject of another deformed patient, of her entire recovery. He wrote thus:—"I am happy to say that your patient Miss R. is quite straight and strong, and very robust and healthy in look." Other muscular deformities come under the same form of treatment, which is as

successful as human means can be, without, at the sametime, the possibility of doing the harm so frequently resulting from instruments and mechanical contrivances: which are not needed in the majority of cases, though they may be when the patient is more advanced in years.

CASE XIX.

This case, though the last on my present list, is yet equally striking with any of the preceding. It is that of a lady of rank, who for the last six or seven years had been unable to walk the shortest distances without assistance, and had almost exhausted a whole pharmacopeia of remedies. It was therefore determined, with the consent and by the desire of her physician, to try what the mechanical treatment could do for her.

At the first glance there seemed little hope of doing much, because of the long-continued weakness of her frame, the discomfort experienced on movement of any kind, and the extreme muscular debility. To the latter was added great inactivity of the *liver*, enlargement and protrusion of the stomach, with puffiness and heaviness of the lower extremities. Applications were then gently used

to stimulate that organ, and the consequence was a rather copious discharge of *bile* through the bowels. From this time the pain in the right side gradually disappeared, and she could sit perfectly upright. The treatment was then slowly and cautiously extended to promote a more healthy circulation through her frame, and in a comparatively brief period efforts to walk alone and unaided were commenced; and, to the surprise of her friends and all who had witnessed the former hopeless character of her condition, the cure was perfectly established. This lady is now able to walk with ease and comfort, and to enjoy that social intercourse of which she had been so many years debarred.

In the work already alluded to, I endeavored to point out not only the valuable aid of this mechanical treatment to medical science in general, but its obvious necessity in the *perfect cure* of many chronic diseases, and the causes why medicines alone are so often absolutely useless in the latter forms of disorder; whereas this treatment, or the union of the two, as the case may be, might be attended with the most brilliant results. Almost every medical authority speaks in favor of the principles and rules upon which the *modus operandi* of this treatment is founded, and probably for this

reason very little is done. For the proper appliances are of necessity left to the discretion of the patient or friends, are pursued without regularity or with undue violence—upon no plan and with little apparent object—till the fatigue or even aggravation of the malady so produced leads to their abandonment. Nevertheless the remedy in experienced hands would soon have effected what mere verbal directions utterly fail in doing. It is a great error likewise to confound this plan of treatment with ordinary or powerful *gymnastic* exercises, —they are totally dissimilar; for I have cured persons by this method who had long been debarred the common exercises of health, although the stimulus afforded by exercise was much needed. Thus it is that, when medicines fail, people are ordered into the country, to take the exercise of which they are incapable. In proof of this, I may state, that patients often arrive from the best parts of the country to be under this treatment. Exercise they cannot take, and if fresh air could remove a mechanical difficulty in their bodies they would not have sought aid in the metropolis. That great care and attention, in order to cure diseases of chronic and often fatal character by this method, is required, may be better explained by saying that the human body exhibits *two* forms of vital exertion necessary to existence; first, that of the entire muscular apparatus, whether in ordinary muscle, arterial coat, or otherwise; and secondly, of the various secreting and excreting organs in pursuing

their functions. Exercise by muscular movement stimulates the whole network of the circulation and the vital processes, without their integrity being injured in any way, but, as we all know, benefited thereby; it is therefore the natural means ordained for the maintenance of health. Exercise of the various *organs* of the body, on the contrary, is attended with a considerable expenditure of their powers, and, if beyond a given point, their integrity is overbalanced, and organic disease slowly follows. This is too often the result of three things; improper food, want of *bodily* exercise, and flying to the stimulus of strong medicines. The organ, by overexertion, has become weakly and its function slow and imperfect, and therefore it is to be flogged with physic. This is the act of suicidal folly which hourly meets the condemnation of all respectable practitioners of the present day. It is the case with many a *liver*, *stomach*, &c. Their powers are even thus expended beyond their ordained capacity for repair or healthy revival of function. Let us then review, in as brief a manner as possible, the causes and remedies of chronic and constitutional disease, as shewn in the foregoing cases.

The subject of constitutional torpor of the *lymphatic system* is one of those which the selected cases of scrofula strongly illustrate. In all of them, but in the first case (2) especially, we observe the absence of healthy lymphatic circulation, causing the disease to shift its ground from one portion of the frame to another, until it was finally expelled.

The well-known anatomical connexion of the lymphatic with the venous stream, and its dependent character upon a healthy tone of action of the latter, affords still stronger proof of its liability to derangement. It requires, in fact, greater impulse than the venous system, for we always find a diseased condition of these important vessels and glands accompanied by extreme inertness in the patient, owing to the want of external stimulus. That stimulus we observe also to be temporarily produced by sea-air, and sea-bathing, the effect of which, however, too frequently subsides on returning to their old habits. It is a *local* application to a *constitutional* affection, and therefore must fail in the end. That which can alone cure, is such a treatment as we find described in the foregoing cases, which *educates* the frame as it were till it arrive at a permanent use of every function. The existence of muscular sacs, called "lymphatic hearts," in certain reptiles and birds, whose powers of locomotion are exceedingly restricted, seems to me to bear well on the view I have taken of the occasional strong impulse demanded by the lymphatic circulation in the human subject. This impulse is to be observed in the condition of the lymphatics of the lower extremities, for they rarely, if ever, are subject to that serious condition of disease which affects those of the upper extremities, and especially of the neck and throat. *Tubercular* disease at the same time, traced as it has now been throughout the body, may, after all, have much to do with a

functional torpidity of the lymphatics. In CASE No. 11, I could only attribute the rapid change in the condition of the lungs to lymphatic activity, combined with improvement of the general circulation; whilst so rapid a change from inertness to activity made a larger call upon the digestive functions, and hence the temporary inconvenience the patient suffered on the latter head. From the difficulties in the way of procuring absorption, from errors in this all-important branch of the circulation, some of the most serious and intractable of chronic diseases may arrive at a fatal termination, and that too 'ere the thread of life has been half spun out or expended. The LUNGS and LIVER, of all organs of the frame, are the most largely supplied with lymphatics, and of all others the more constant in their liability to temporary derangement and chronic disease, especially after long-continued arterial or venous congestion. Where then otherwise are we to seek for temporary stimulus to *absorption?* We find that an organ will be at times almost entirely absorbed, tissue, vessels and all; and how are we to account for this, if there be not a more powerful channel than that of the veins? The differences then in the latter and former examples are those of *degree*, and the healthy *degree* is the object to be attained by the medical practitioner. So long as the circulation of arteries, veins, and lymphatics is healthy, so long, as my experience of this treatment has shewn me, all difficulties are unknown, and disease cannot establish itself there. To root it out

by artificial aid, requires a different process to that stimulating effect which powerful medicines produce, and without the possible risk of the latter; for the fixed morbid state, in chronic cases especially, is allied more to *mechanical* than to chemical difficulties. That it is not used merely as a curative measure to the external glandular system is evident from the process itself, which cannot fail to rouse the entire network of the circulation. Therefore it is that a good effect is produced in the *brain* itself, through its enveloping vascular membrane; for I have treated several cases, like that of No. 1, in which I observed nervous excitability or irritability disappear before it. The nervous system is itself subject to physical laws; it can exercise sway over the healthy structure, but in diseased conditions it is inert; hence artificial aid to the laboring machine is indispensable. No amount of thought or care, or direction of the nervous power to the diseased part, can either check the progress of morbid action, or remedy it in any way; on the contrary, as physicians themselves declare, it would rather increase the mischief. Could it by possibility effect good, there would be at once an end to the fatal terminations of chronic disease, and premature decay be a thing unknown in the history of the human race. Its good offices in *gouty* and *rheumatic* affections have long been known, so that I need only call attention to the Cases already given, Nos. 9 and 10.

It is not the writer's intention to disparage the

powers of medicines, but to point out a valuable and indispensable adjunct to them, without which they will still fail in many chronic and constitutional maladies. Varicose veins even have been cured by *position.** But a morbid state of the lymphatic system does not end with that state; the unsightly scars which disfigure many a neck, the foreign growths of other parts, too clearly exemplify the contrary. In "heart disease," there exists no possible means of recovery save by beginning at a point, to produce absorption, free the smaller and minor channels of the circulation, and, while giving functional activity to the depressed frame, release that organ from the very throes which first began with, and then increased its diseased condition. Case No. 16 is a fair illustration of the point. The number of physicians and sedentary persons who die of this complaint, might well consider, if the relief from a mechanical difficulty is not to be sought in similar measures, and precious time be unwasted by useless confidence, solely in chemical remedies. The wide range of "*fatty* degeneration," offers scope for this treatment, for it kills almost half the people in this country, and is the most insidious and dangerous enemy we have; and I know of no treatment that can touch "fatty degeneration" with the harmless, slow, and safe character of the one whose cause I advocate. No other treatment, that I know of, can produce the required absorption and subsequent deposition of healthy fibrine; for either is

* See Mr. Hilton's paper in the Lancet, 21st July, 1855.

effected by the *lymphatics* and *blood vessels*, and there is no treatment can rouse the latter like this. At the same time, the foregoing affords us a very good example of the distinction to be drawn between this treatment and ordinary exercises; for the patient, suffering under conditions either of fatty degeneration or heart disease, would be liable to great harm by attempting exercises. The stimulus must at first be otherwise imparted. By working in this way, we not only gradually free the body from the disorder, but to the after tendency to that form of disorder. The knowledge of the laws of the human frame developes itself but slowly: but enough is known to prove that a restoration of the "harmony of function," be it stayed by derangement in any part of the body, no matter where, is all that can be really called *a cure*. And thus it is to the city merchant, or those whose lives are attended with much anxiety or care, or whose occupations are sedentary, this treatment is also adapted to prevent the consequent gradual developement of disease; and at the same time, to the *gouty* or *rheumatic*, where, as in Case 10, there may be contractions of, or depositions in joints, or in cases where the lymphatic system is chiefly at fault, as marked by certain affections of the liver, lungs, and other organs, or by glandular enlargements and debility of frame, this treatment gives a true *constitutional* remedy, which we may seek for in vain in the *materia medica*.

13, Henrietta Street,
Cavendish Square,
June, 1856,

BY THE AUTHOR.

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